

NHS



iapt

Improving Access to Psychological Therapies

Helping to increase mental health access and improve patient outcomes

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“For years I have suffered with anxiety - and have had multiple sessions of hypnotherapy etc.

Nothing helped so I went to the doctor and was told about this website and it is brilliant! I had a few CBT sessions with one of the therapists and have been so much better since.

It's very convenient as the sessions are online so you can do them at whatever time suits you - later in the evenings was great for me as I work late - so thank you for this app. I would highly recommend.”

– Sarah

IAPT service challenges

“I think it’s fair to say we are very happy with the journey so far and tremendously excited about the future.

We are learning how to better train our therapists to both understand the advantages of digital therapy and how to then explain this in conversations with patients (and fellow therapists or managers !!).

We have also been able to bring commissioners along on this journey and help them understand the position and potential for digital therapy as well as the range of therapies available.”

*Paul Bagot, Operational Lead Inclusion
Thurrock, June 2019*

- Difficulty in meeting increasing patient demand
- Long waiting lists
- Need for out of hours appointments
- Lack of consulting room space
- Lack of patient choice of therapist and time of appointment
- Struggle to meet the needs of the BAME community
- Difficulty balancing commercial vs patient needs
- Pressure to improve patient and social outcomes

Evidence base for online therapy

Chakrabarti's meta-analysis of over 200 Randomised Controlled Trials on video online therapy and psychiatry concluded:

- *“Treatment of depression delivered by videoconferencing is equivalent to face-to-face treatment on symptom reduction”*
- *“Superior to face-to-face treatment on depression outcomes”*
- *“CBT well suited to videoconferencing as are other forms of therapy”*
- *“75-100% of the users reported considerable satisfaction with tele-psychiatric care”*

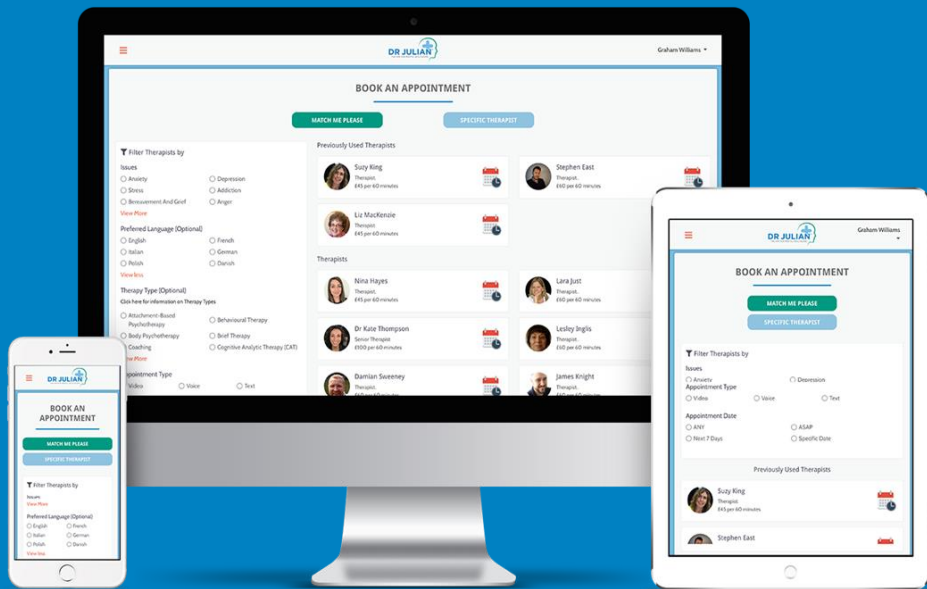


Chakrabarti, S. (2015). Usefulness of tele psychiatry: A critical evaluation of videoconferencing-based approaches. In: *World Journal of Psychiatry*. 2015 Sep 22; 5(3): 286–304. [10.5498/wjp.v5.i3.286](https://doi.org/10.5498/wjp.v5.i3.286). [Last accessed 07/06/2019].

The Solution

Dr Julian is a leading online platform connecting patients to therapists via secure video, audio, and instant messaging

- Clear your waiting list
- Provide additional capacity for on-going service
- Save recruitment time and cost
- Reduce overhead costs
- Utilise a large network of qualified and vetted therapists
- Give patients faster access
- Provide patients a greater range of appointments
- Experience higher recovery rates
- Increase patient satisfaction
- Integration with IAPTUS for seamless data transfer
- Own-branded, customised online platform



The Benefits

For your service

- IAPT Step 3 therapy costs only £60/session
- PWP's at a lower rate

Reduced DNA and drop out rates by more than 50%

Improved outcomes by 11.8%

Fully integrated with IAPTUS and IAPT outcome measures

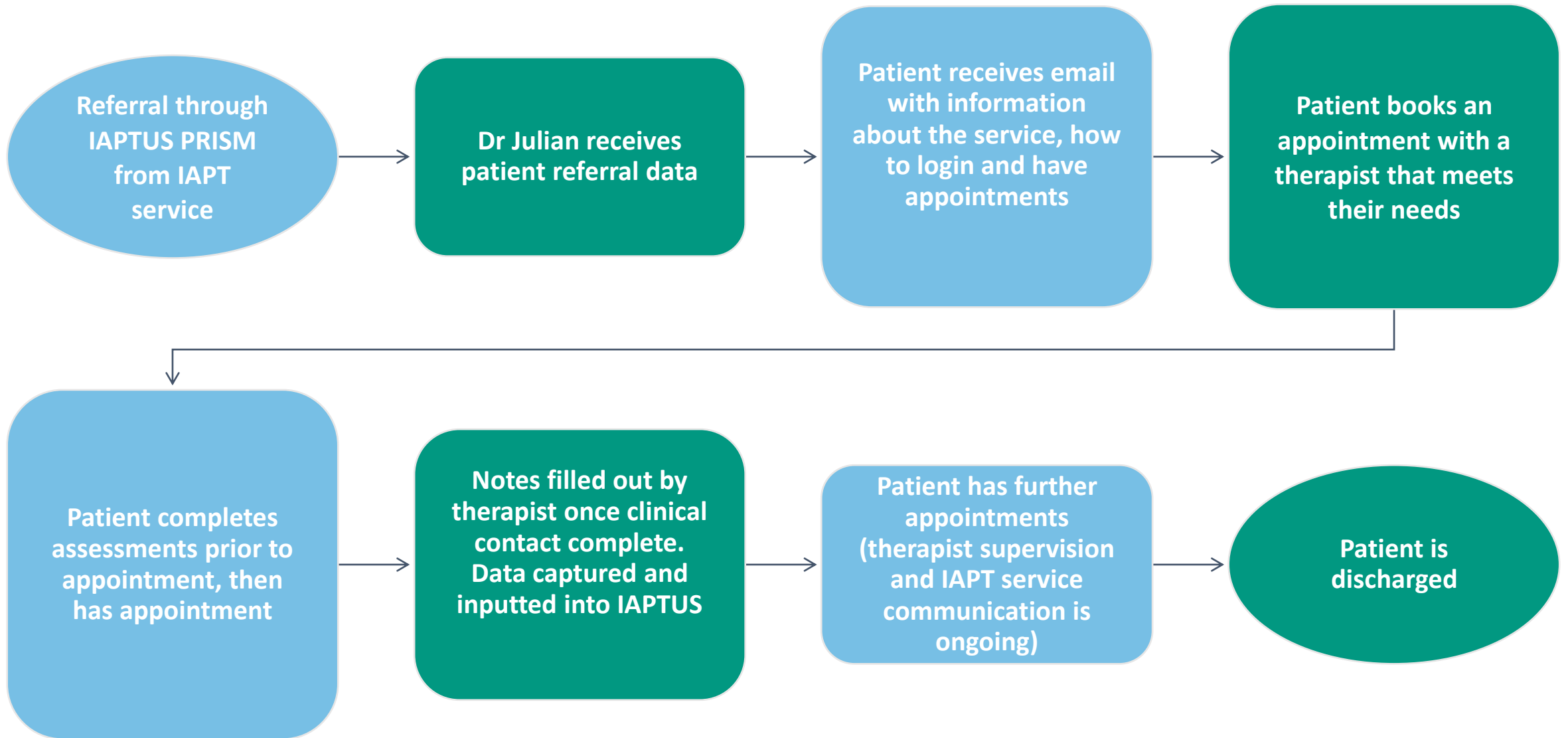
For your patients

Choice of therapist and appointment time

Multiple languages available

Easy to use with choice of video/text/phone





How does the process work with IAPTUS?

Some of our NHS clients

**Bristol, North Somerset
and South Gloucestershire**
Clinical Commissioning Group

NHS
Central and
North West London
NHS Foundation Trust

NHS
England

NHS
Milton Keynes
University Hospital
NHS Foundation Trust

NHS
Basildon & Brentwood
Clinical Commissioning Group

 **inclusion**
Fulfilling Potential. Forging Success.

Oxleas
NHS
Improving lives

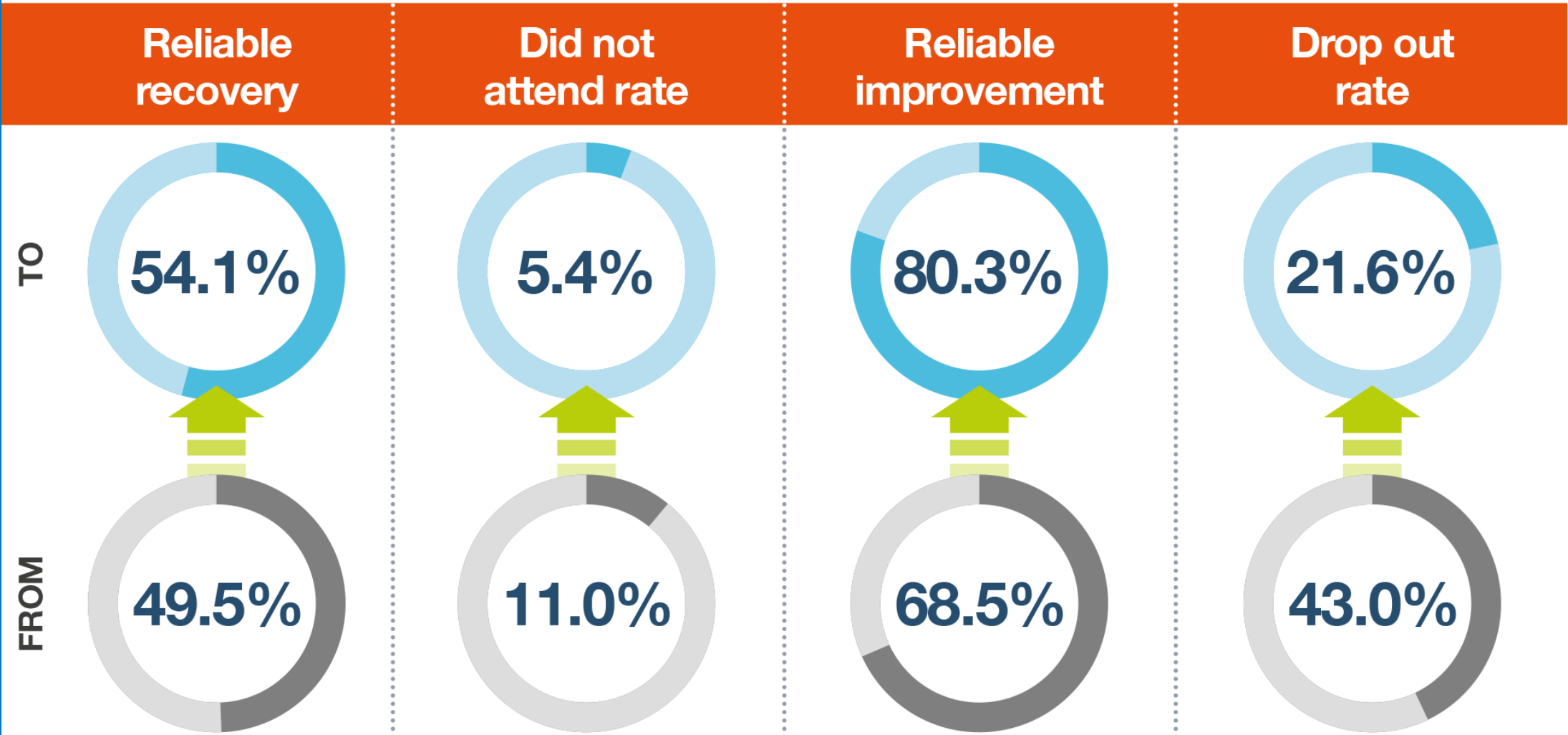
DR JULIAN™
THE APP FOR MENTAL HEALTH AND WELLBEING



Dr Julian Improvements

versus current average IAPT

Track Record



Track Record

Kent Surrey Sussex
Academic Health Science
Network

Dr Julian Patient Outcomes

9.3%

increased recovery rate



17.3%

increased reliable improvement rate



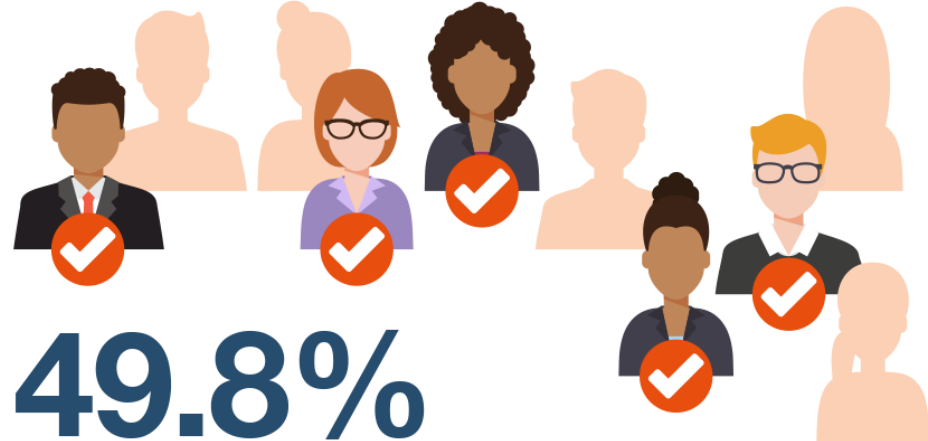
50.9%

reduction in did not attend



3.4 more

appts for High Intensity treatment



49.8%

fewer drop outs

Track Record

Kent Surrey Sussex
Academic Health Science
Network

Dr Julian Economic Outcomes



reduced cost
per appointment



per referral



NHS return

Q & A

